WHERE IN THE WORLD IS THIS?
see answer on last page of newsletter!

And please submit other Mystery Mountains to tophillnews@gmail.com for next month's newsletter. THANKS!

WHO IS THIS MASKED PERSON?

CALLING ALL LEADERS! Please send a picture of yourself with hat, mask & sunglasses, for our grand contest!

When we have enough pictures, we will post them. The first member who guesses everyone correctly will WIN AN OFFICIAL CMC BUFF!

Please send your photos to tophillnews@gmail.com

LIKE THIS

CAN YOU NAME THIS WILDFLOWER?
see answer on last page of newsletter!

And please submit other Secret Wildflowers to tophillnews@gmail.com for next month's newsletter. THANKS!

see answer on last page of newsletter!

And please submit other Mystery Mountains to tophillnews@gmail.com for next month's newsletter. THANKS!
SUSANNE SPANDAU

I am a California transplant who luckily discovered CMC soon after moving to Colorado in 2005. I am a graduate of California State University Los Angeles and taught Parent Education at Pasadena City College for 25 years. My childhood was spent camping with parents in California’s High Sierras and Oregon. My husband Pete and I camped with our children and also spent much time at cabin we built in California’s Sequoia National Forest. A memorable camping trip was to Colorado in 1984. I started hiking and snowshoeing regularly after joining CMC in 2006. Several enthusiastic RMOTHG leaders, over the course of a couple of years, encouraged me to become a hike leader. Deciding it would not be too different from teaching adult education for so many years, I took the CMC leader training classes and never looked back. I lead only “A” hikes as that is the biggest request for RMOTHG members. I feel my organizational skills are A-OK, and have served as Recording Secretary and Treasurer for several organizations (mountain HOA, PTA, church, P.E.O.- including three years as President.)

MIKE O’CONNOR

Hi All,

For many years I was a Scoutmaster and/or Board Member of Boy Scout Troops in Littleton and in Evergreen. When my youngest child retired from Scouts so did I. Then I started my adventure with the Colorado Mountain Club. With the CMC, I have taken many courses and gone on many trips and adventures. It has been a wonderous transition. Over the past few years, I have become a trip leader, mostly with the Over the Hill Gang, and a Senior Instructor for WTS. I am currently working on a new CMC school, Day Hiker School, which is an online alternative to WTS.

As for Board experience, I have been on many Boards during my 30+ year career as an attorney and accountant. Currently I am teaching in the Master’s Program for Nonprofit Management at Regis University on a part-time basis. A couple of topics I teach are governance, financial management, and legal requirements for nonprofits.

RMOTHG has been an amazing and great experience for me. I have met many wonderful people and have enjoyed the hikes I have been on. I would look forward to the honor of helping to govern and promote RMOTHG.

Mike

SCOTT KRAMER

In 1970 I moved from Atlanta to Denver to enjoy the beautiful mountains and pursue hiking, biking and skiing. Growing up in upstate New York, my summers were spent at a YMCA camp in the mountains surrounding Lake George, N.Y. both as a camper and then as a counselor. By moving to Denver, I wanted to get back to the fun and outdoors I had enjoyed in those growing-up years.

Through the years in Denver, I worked in the oil and gas industry designing and supporting administration software including accounting, production and lease maintenance applications. Part of my job was management of support staff along with being an owner responsible for the business direction of the company. During my working years I had little time to enjoy the activities that brought me to Colorado. I retired 3 years ago, and now can pursue those activities that brought me here.

I joined RMOTHG, part of the CMC Denver group, in September 2016. I quickly found a group of people, who became friends, with whom I could hike, bike and snowshoe. I was encouraged to become a leader for all three activities. In 2017, I was asked to join the board of RMOTHG and became chair for the group in 2019. It has been a pleasure serving on the board and helping with the direction of the group.

Beside volunteering for RMOTHG, I also volunteer with Habitat for Humanity of Denver. On a weekly basis, I do critical home repair adding new siding, doors and windows to old homes making them safe and livable.
To All:

Here we are, another month and COVID is still with us. I have talked with a few of our members and hear they are slowly getting out with family or small groups, which I think is important for our sanity. I have been able to lead a few bike rides and it is great to socialize, even though it is under totally different standards. I really miss lunch after rides where we can share stories like we used to do. I hope the “old days” will be back soon.

This month’s newsletter contains two items of note. First are the bios of the people running for your board of directors. There will be a link in the September newsletter for voting for these people. Even though there are only three people running for three positions, we would appreciate you taking the time to vote. Thanks to Mike O’Connor and Susanne Spandau for deciding to join the board. They will be great additions.

Second is the article about the virtual annual meeting we are planning to have on September 17th. It is quite different this year, however we are trying to make this as sociable as we can. We will all miss the personal contact normally associated with the annual meetings (next year!) but hopefully, we will be able to socialize through Zoom. Please plan to join us.

Finally, I would like to recognize Jeanne Eiss for all the work she has done leading virtual hikes. These hikes started on March 25th and have been available every week since then. Working with Jeanne on different hikes were James Guerra, Elaine Shirley, and Ralph Shroba. Thank you all for providing us with a touch of the outdoors we love and have not been able to enjoy for over four months.

I hope to see you on the trail soon.

Scott

CALLING ALL VOLUNTEERS!!

In anticipation of having a virtual RMOTHG Annual Meeting this year we’re asking all volunteers (Trip Leaders and Coordinators, Board and Social Committee members, Denver Group Liaison, TopHill News Editor, our IT Specialist ... have I forgotten anyone?) to send a photo of yourself to Janice Johnson at jajohnson1952@gmail.com. The photos will be used to create a picture gallery that we can display during the virtual annual meeting to recognize and thank you for all that you do.

Please include your full name with your photo! Thanks!
We are going to hold our Annual Meeting in 2020 style, which of course means going virtual. **Don't panic!** We plan to make the experience as painless as possible (we know how tiring online meetings can be) and hope that most of you have some fun sharing and socializing on Zoom with old friends and new acquaintances. Here’s what we have planned:

**Date:** Thursday, September 17, 2020  
**Time:** 4:30 pm - 6:00 pm

**Main Session:** 4:30 pm - 4:55 pm  
Activity Coordinator presentations and volunteer recognition

**Social Session 1:** 5:00 pm - 5:25 pm

**Social Session 2:** 5:30 pm - 6:00 pm

**Logistics**
Attendees will receive two Zoom invitations -- one for the Main Session and Social Session 1 and one for Social Session 2. When Social Session 1 ends you will just need to open the invitation for Social Session 2 and click on the link to join. We promise to make the process as seamless and painless as possible!

**Social Sessions**
In order to keep the number of participants in each Social Session a manageable size, Social Sessions will be broken up into different Topic groups, which you will choose when you register. We hope to limit the group size to 8 to 10 participants per topic. Social Session Topics are:
- Photography, Pets, Favorite Adventure Trips, Travel Stories (from the Funny to the Horrible), Waterfall and/or Lake Hikes, Panoramic Hikes, Biking Adventures, Winter Adventures

**Volunteers Needed**
We will need volunteers to host each Social Session Topic group. Volunteers should be familiar with Zoom but we will provide guidance on hosting the sessions.

In addition, we would like to have one or two volunteers on call to handle technical questions from members.

If you are interested in volunteering, please contact Janice Johnson at (303) 523-9055 or jajohnson1952@gmail.com.

**Registration**
Look for the links to register for the Main Session and your Social Session Topic selections in the September RMOTHG Hill Topics Newsletter. We hope to see all of you online in September!
WHAT WE'VE BEEN DOING ...

This is a time of physically distancing, not socially distancing. In the spirit of keeping socially connected, please share what you've been doing and thinking with the Gang.

PLEASE SEND YOUR CONTRIBUTIONS TO tophillnews@gmail.com for next month's newsletter. THANKS!

Frank Burzynski always wanted a parade and he had a car parade for his birthday last Saturday (yes, he is getting older)

We have not been out of bed since March 11 but we are considering cycling soon.

Dennis & Virginia Arndt

🤣

Here is a photo of me and my grand dog Molly. We are enjoying a hike at Camp Dick.

Debbie Richardt

What are we doing? Camping in our new trailer!

Pete & Susanne Spandau
What has Judy Childers been doing? Dumping stuff! Boy do I have TOPO maps. Moving from a 3 BR house with a basement to a one bedroom apartment. My summer will begin in September. Can’t wait! Hope to see your wonderful faces soon.

I've been cutting wood. Somewhere between 10 - 15 cords. I had fire mitigation done.

Ken Ruiz

I often walk by the great blue heron rookery at Arvada’s Tucker Lake. Watched feeding time and younguns (not in pic) stretching their wings. These trees they’ve used for nests for years are DEAD but still support seven nests. If the herons go elsewhere when the trees fall down I sure hope it’s close by.

Susanne Spandau

Colleen Landy, Freda Staton, Joanie Broder, Janice Johnson, and Bullwinkle! just had a wonderful camping trip in the Grand Tetons. Wonderful hiking and kayaking!
Letters to the Editor ...

I am not sure if you have run into another business the OTHG has gone to in the past when we were able to safely do refreshment breaks after hiking – and now has fallen on hard times like I did last month in downtown Morrison (all 2 blocks of it.) I had stopped to check on Tap on the Rocks Restaurant since it has an outside patio and began to talk to the Red Rocks Grill owner from across the street. She shared she was not sure they could keep the RR Grill functioning much longer and seemed to be quite upset as she shared this. (Morrison has not allowed its restaurants to do take out drinks like Denver has and the RR Grill is probably the only restaurant in Morrison without an outdoor patio.) The RR Grill has again been impacted for eat in/drinks after 10pm (they had 2 people in it for lunch that day not counting the taxidermy animal heads.) You can call and walk/bike/drive up for take-out, or use GrubHub for ordering and delivering (but they take more of the money from the restaurant to do this.) If you are able to order from them and help support them, maybe we can save this old, original restaurant.

-Sympathetic Sue Henley

Are you lonely on your solo yet safe drives to the trailhead? A podcast can be fascinating company. What are you favorite podcasts? Here are some of my regular listens …

- Happier with Gretchen Ruben
- It's Been a Minute
- Climb Your Mountain (Hosted by CMC’s own Sarah Maurer)

-Cyndi Lehr

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

-Cyndi Lehr

When we were touring the Cave of the Winds, our guide gave us these instructions,

“If you Tuck, Duck and Suck, with any Luck, you won’t get Stuck.”

Sounds like good advice for RMOTHG hikers near low hanging tree limbs too!

-Pete Spandau
CHANGES TO

CMC WILDERNESS FIRST AID SCHOOL

By Jeff Flax

The Denver Group will no longer be offering the WFA or the WFA refresher courses. In its place, the CMC has a new WFA course partner, Backcountry Pulse (BCP.) I have worked very closely with them on the development and details for the new hybrid course (four hours of live Zoom lectures, four hours of video presentations, quizzes, a final exam, and the final eight-hour hands-on scenario day when it is safe to meet in-person again.) I am completely satisfied with the high level of teaching BCP offers and am impressed with their program.

The WFA certification remains valid for two years. The CMC will be extending the acceptance of expired certifications for a few months provided students complete the first half of the class later this year and the second half once the scenario days are resumed. The one-day WFA refresher course will no longer be offered as the CMC State Board of Directors has instituted training standards for leaders, which require a two-day, approved 16-hour course WFA every two years. Some of the Denver Group volunteer instructors will continue to have a role with the new course, primarily with some of the videos and with the hands-on scenarios.

CMC leaders, prospective and new leaders, and school instructors have an opportunity to apply for free tuition for the course. In return, those receiving free tuition will be asked to lead or instruct six trips or school field days in the two years following certification. There are five CMC scholarship slots reserved for leaders in each class. CMC has assured us there will be sufficient slots to meet the training needs of our leaders and school instructors over the course of the next year. (CMC is working on integrating the Denver Group’s SALT scholarship program with the new WFA school and will provide more information as it becomes available.)

The cost of the course for non-leaders or those who chose to self-pay is $200 for CMC members and $245 for non-CMC members. Courses will be offered about once a week for the near future. Leaders who have taken comparable wilderness first aid courses and hold a current certification may apply for a waiver to the requirement to take WFA from the CMC.

For more information about the new CMC WFA school, see https://www.cmc.org/Classes/CMCClassesandSchools/WildernessFirstAid.aspx

For the application for free tuition for leaders, new leaders and school instructors, see, https://www.cmc.org/Calendar/EventDetails.aspx?ID=50516

For more information, please feel free to contact Emily Bresko at emilybresko@cmc.org or me at Jeff.Flax@GMail.com

DENVER GROUP CPR/AED COURSE

We will resume offering CPR/AED courses in late August or early September 2020. The course will look very different during the pandemic.

There will be a limit of six students per class, one student on a mannequin at a time (with thorough disinfectant wiping between students), a minimum of six-foot social distancing at all times, CPR will be taught as hands-only compressions without mouth-to-mouth skills, and the classes will be conducted outdoors. AED (automated external defibrillator) skills will continue to part of the course. A two-year ECSI certification will be provided at the end of the class.

The cost of the class is $40. SALT scholarships will be available for the course for leaders and prospective leaders. Please follow the Denver Group’s CPR/AED webpage for more information as it becomes available: https://cmcdenver.org/schools-2/wfa-cpraed
VOLUNTEER OPPORTUNITY: QUICK START SCHOOLS COORDINATOR

Do you like learning new things and planning events? Have you been thinking you want to give back to the club? Do you like meeting new people and collaborating on a project?

“Quick Starts” is a series of seminars that highlight topics about recreating in Colorado. They’re a great place to learn something new, or refresh something familiar! CMC Denver Group is seeking a new Quick Start Schools Coordinator. Duties include overseeing monthly lectures. Currently this duty can be achieved totally distantly from home. When possible, lectures can return to in-person format. Looking for a one-year commitment for 2021. Cyndi Lehr has been coordinating the Quick Start Schools since April 2019 and will be phasing out of this duty as she moves into her role as Co-Chair of Denver Group Council. Now is a great time to get involved and learn/transition the process for these fun monthly lectures.

You can check out more here. Contact Cyndi Lehr for any questions or interest.

OR

Become a Backpacking Trip Leader!

With over 1200 members, BPX is looking for additional backpacking trip leaders to ‘Join the Pack’ for 2021. The backpacks don’t need to be more than one night. In fact, there is a huge interest in 2 day, one night trips within short drives of Denver. Our members ‘just want to get out’. Whether you are an experienced backpacker or an experienced trip leader who would like to lead backpacking trips, existing BPX trip leaders will guide and mentor you through the process become a BPX trip leader. A major benefit of being a BPX Leader is a ‘bank’ of pre-planned trips from which you claim those you wish to lead.

Interested? Contact the BPX Trip Leader Coordinator at CMCBPXTLC@gmail.com
Greetings RMOTHG Hikers

HIKE SCHEDULE FOR AUGUST
8/5/2020 - Mitchell and Blue Lakes

Have you ever hiked to Bergen Peak? If so, you have probably noticed the small signs saying you are entering a Colorado State Wildlife Area (SWA). Rules regarding hiking in SWAs and State Trust Lands (STLs) have recently changed. For those over 18 but less than 65 entering an SWA or STL, a Habitat Stamp AND either a valid Colorado hunting or fishing license are now required. No Habitat Stamp is required for applying for or purchasing a person’s first two one-day hunting or fishing licenses. For those over 65 only a valid hunting or fishing license is required. Current prices and other answers to frequently asked questions can be found here: https://cpw.state.co.us/Documents/LandWater/SWA/License-Requirements-SWA-STL-Access-FAQ.pdf.

ALTHOUGH THE ADULT PRICE FOR A SMALL GAME HUNTING LICENSE APPEARS TO BE THE CHEAPEST, KEEP IN MIND THAT HUNTING LICENSES REQUIRE A SEPARATE HUNTING SAFETY CLASS.

These rules are not CMC rules but are Colorado State Parks and Wildlife rules and apply to EACH PERSON whether on a CMC hike or just hiking with friends.

Bergen Peak is probably our most frequently accessed SWA but the rules apply to all of them. A map of SWAs can be found here: https://cpw.state.co.us/placestogo/parks/Pages/WildlifeAreaMap.aspx. A work-around solution for Bergen Peak is to take the aptly named Too Long Trail which adds almost a mile each direction.

Cheers! Martha Mustard

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WHY I AM A TRIP LEADER
~ Sandy McRae

I started hiking later in life and as time progressed I found that I needed a casual pace. RMOTHG was the solution. There were actually casual paced hikes available with RMOTHG. I had taken the Leader Training previously but not yet led a trip, so when I joined RMOTHG Section Jeff and Pete encouraged me to try leading. With their enthusiasm and support I did and I have been so glad ever since. I have met so many new friends and hiking buddies whom I probably would not have met otherwise.

A great advantage to being a leader is that you can plan trips that you like at your pace. So you can’t complain that there aren’t enough of this or that type of trip. I took the winter training too so I can lead snowshoes. So I love the winter months as well.

Now that I have reached the big 80 I don’t want to quit hiking and snowshoeing. I want to keep going as long as I can and being a leader I can design hikes to fit--shorter and slower are OK. Covid19 has clipped my wings for a while but I look forward to being out there leading and seeing so many friends, old and new, hopefully in the future.
Hello RMOTHG Bikers

I hope you are all enjoying summer so far and have been able to get out on your bicycles to do a few miles somewhere on the Front Range. I would like to thank Pete Spandau, Scott Kramer and Robert Richardt for kicking off our season with a few fun Friday rides so far this season. Just to remind you that there have been changes to our regular biking schedule - the number of participants on each ride (currently 10 including the leader), social distancing adherence, no post-ride lunches and all of the other current CMC COVID-19 rules shall apply. (Please refer to CMC.org Home page for “COVID-19 and Colorado Mountain Club Programming,” including “Protocols for CMC Trips”)

Since rides may be scheduled for any day of the week (not always Fridays,) an email notice will be sent to everyone on the biking group list to notify them of the upcoming ride, and when registration for the ride will be open on the CMC Trip Calendar. The on-line trip posting will give details about the ride and the leader’s direct requirements.

If you have any questions about our biking program, about becoming a bike trip leader or any suggestions for the group contact me at: wtomasello@outlook.com.

Wayne Tomasello
RMOTHG Biking Coordinator

I'm going skateboarding because I won't be prosecuted!

UH, WHERE SHOULD THE COMMA GO?

I'm going skateboarding because I won't be prosecuted!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Section Chair
Scott Kramer
skramer1016@gmail.com

Section Vice Chair
Deborah Richardt
rdrichardt@msn.com

Secretary & Emergency Contact
Carol Zurcher
carolz80239@gmail.com

Treasurer
Dennis Arndt
dwa2bus1@gmail.com

Communication Director
Janice Johnson
jajohnson1952@gmail.com

Members at large
Carol Wier
carolwier 365@gmail.com
Marty Pfefer
inspmarty@aol.com
Kirsten Tollefson
kmt1950@icloud.com

CMC Denver Council Liaison
Kathy Kurtz
kmkurtz47gmail.com

ACTIVITY COORDINATORS

Membership
Lue Fratantuono
fratantu@comcast.net

Snowshoeing
Elaine Kallos
ekallos11@gmail.com
Jeff Flax
jeff.flax@gmail.com

Cross Country Skiing
Jeff Flax
jeff.flax@gmail.com

Biking
Wayne Tomasello
wtomasello@outlook.com
Jeff Flax
jeff.flax@gmail.com

Hiking
Martha Mustard
mustardo3@comcast.net
Jeff Flax
jeff.flax@gmail.com

Social Events
Lou Ann Dixon
looangnie@comcast.net
Ronnie Knueven
knuevenru@comcast.net

Newsletter
Maryann Mayer
tophillnews@gmail.com

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SEE BOARD MINUTES
CMCDenver.org board minutes

READ BYLAWS
CMCDenver.org bylaws

IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS, INJURY, OR HAS PASSED AWAY, please contact our RMOTHG secretary to send a friendly note to that member/member’s family.